

## OUTBOUND STUDENT “CODE OF CONDUCT”

*The District 7390 Youth Exchange “Code of Conduct” is designed to establish high expectations of socially acceptable behavior of all Outbound Exchange Students during their year of preparation, year abroad, re-entry year and continued involvement with the Youth Exchange Program under the direct care and guardianship of District 7390 Rotarians, as well as their Host Rotary Clubs and Host Families. Participants are responsible to conduct themselves appropriately and respectfully and will abide by the District 7390 policies referred to within this Code of Conduct, as well as the Rotary International & ESSEX Rules & Conditions of the Exchange previously signed by each participant and their parents. In addition they will be responsible to follow any other rules & policies of their hosting country Rotary Club. Any violations of this Code of Conduct will subject the student to disciplinary actions that may include a loss of privileges and/or total dismissal from the program. The Code of Conduct exists to maintain the integrity of the program while ensuring a safe, fair and successful experience for all participants and volunteers.*

### **ROTARY:**

- Compliance with following the 5-D’s of No Drinking, No Drugs, No Dating, No Driving and No Disfigurement of Body is an essential component of the Code of Conduct. At the total discretion of the hosting club, any violations of these internationally accepted rules may result in disciplinary action up to and including expulsion from the Youth Exchange Program. Students are fully accountable for any extra expenses associated with being sent home early.
- Outbound Students agree to a 3 year commitment of participation in the Youth Exchange Program. The first year of preparation includes events on the District Calendar that are mandatory for attendance to meet requirements established by our US State Department and Rotary International. The 2<sup>nd</sup> year, the year abroad requires successful adaptation with hosting Rotarians, host families and your host country school. The 3<sup>rd</sup> year, known as “Re-entry” requires attendance by the student and minimum of one parent at a formal day of orientation in August covering reverse culture shock and adjusting with your family and friends. Upon successful completion of all 3 years, Outbound Students will be recognized as Rotex, allowing them visitation privileges to any Rotary Club Meeting in the world and candidacy of assisting the District with future training events.
- Rotary District 7390 believes that learning the Host Country language becomes essential for all students to have a successful and enjoyable year. All forms of communication (written or spoken) with Rotarians, school and other fellow in-bound students should only be in your Host country language during your year of exchange. During the first 8 weeks after arriving, Outbound Students are requested to only communicate once per weeks to their family back home. Outbound Students are requested to let American family members and friends back home be aware of this restriction as a way of accelerating your learning the Host Country Language through total immersion.
- As an ambassador of the Rotary International Youth Exchange Program, it is important that you present yourself in the best possible image by dressing appropriately for the various functions and activities of your host family, when in school and at all Rotary functions. Most Rotary functions will be either “business casual clothing” while others will be a little more formal requiring you to wear your Rotary Blazer. When you are in doubt about what to wear ask for a clarification from your host parents or from those in charge of that event.
- Outbound Students are responsible for completing a Monthly Report. The report needs to be sent to your District 7390 Outbound Chairperson and a copy to your US local sponsoring club YE counselor by the last day of each month. They will then forward them to our District 7390 Office for filing. These reports are required by Eastern States Student Exchange (ESSEX) & Rotary International and may be subject to being audited. These reports provide a way for Rotarians to find out how you are progressing and feeling during your exchange. Failure to submit reports could result in a loss of privileges all the way up to termination when multiple reports are not submitted. Failure to submit all reports will disqualify you from being a participating Rotex at future training events.

- The use of mobile communication technology including cell/smart phones, iPads, and iPods within the District 7390 and in your host country is a privilege and not a right of ownership. During certain Rotary functions all mobile communication devices may be temporarily collected and then returned at the end of the event. When devices are not collected they will be required to be powered off. Texting during any event is not permitted and is viewed as being disrespectful.
- District 7390 & your Hosting Rotary club will be evaluating your adherence to this Code of Conduct during the year. You are responsible for your conduct, but we are here to help you with difficult situations and to acknowledge your successes. When away, your sponsoring District 7390 has no input or “vote” on any disciplinary action by your hosting club. A failure on your part to make the effort to adapt can either jeopardize the integrity of the program or possibly threaten your own health and safety requiring an early return home.

### **HOST FAMILY:**

- Host Families are responsible for providing you with room & board and also appropriate supervision & parental responsibility. They will look after your physical & social welfare. Respect their wishes, family rules, requests and guidance. Be prepared to accept some lifestyle restrictions and changes.
- Being honest with your host family will create trust as the foundation of your relationship. They need to know at all times where you are going, who you will be with and who will be the responsible person(s) in charge. Follow the Rotary “Rules For Travel” when taking a trip outside your hosting district boundaries.
- You are a guest in your host family house, but should act as a member of the family by volunteering to help when needed and by completing the chores that have been assigned to you. (i.e. making your bed, picking up your clothing off the floor, etc.) Show appreciation to your Host Family for the many things they will do and provide for your comfort and welfare.
- Being punctual and on-time for all family activities is an important value for American families. Following your host family curfew (when you must return home) is your responsibility to uphold unless you have asked for & received special permission from your host parents.
- The majority of your free time should be spent engaging with family members to help you learn & understand different hosting family cultures. Excessive time spent on the internet with family & friends back home or just your Inbound Student peers is disrespectful & may be viewed as a problem in your ability to adapt as an exchange student. Any use of profanity or sexually explicit photographs on social media (Facebook, etc.) will be grounds for dismissal.
- Other than for religious objections, you are encouraged to try new foods and adapt to the food diet of your host family. Students should not inconvenience their host family by expecting or requesting special meals for themselves. It is understood that you may not like all foods, but it becomes a sign of respect to sample foods prepared by the family. Students are encouraged from time to time to make a unique meal or food item from their home country as a polite gesture and learning experience for your host family members.

### **HOST SCHOOL:**

- Each Outbound Exchange Student enters school as an “Ambassador” for their home country and the Rotary Youth Exchange Program. Actions and behavior will need to follow your particular school “code of conduct”. In the future this will serve to make other exchange students welcome in this same school. You are in school to both learn and to teach others about your American culture.
- All Outbound Students are on an “academic exchange” and are required to attend high school under the particular school schedule & rules and host country laws. Poor attendance may signal your challenge to adapt and will be followed by appropriate discipline or expulsion.
- Students are required to complete all homework assignments and on-time. Students are required to meet acceptable academic performance as established by the hosting school. Most host country teachers will consider your language ability in the first couple of months. Incomplete homework assignments or non-passing grades may subject you to disciplinary action. Ask for help from teachers, friends & your host family. Give your study time priority over other social activities. (Need to balance!)
- Outbound Students are encouraged to get involved with clubs, sports and extra-curricular activities if offered at school as a way to meet people and make new friends. In many countries outside the United States, schools may not offer these activities and it will be up to the exchange student to pursue these activities outside of school with the help of their host family and/or Rotary Club. Before committing to any extra activity, students should check with their host family regarding family schedules and transportation and check with Rotary regarding proper insurance coverage (i.e. contact sports).

- Sexual misconduct, sexual assault and sexual harassment are prohibited as detailed in the District's Personal Protection Policy and under the Rotary International rule of "No Dating". Sexual misconduct is a broad term encompassing any non-consensual behavior of a sexual nature that is committed by force or intimidation, or that is otherwise unwelcome. Any public displays of affection are seen as disrespectful and are not allowed. On any event requiring over-night lodging, female & male students are not allowed to be in the same private room unless accompanied by a Rotarian chaperone.

**DISTRICT 7390 YOUTH EXCHANGE PROGRAM  
OUTBOUND STUDENT  
"CODE OF CONDUCT"**

**STUDENT AGREEMENT**

I have read, and fully understand the District 7390 "Statement of Values" and "Code of Conduct" and I will adhere to the Code of Conduct and all policies of the Rotary District 7390. I understand that if I do not follow these policies that I could lose privileges and possibly could be sent home.

Student Name .....

Student Signature .....

Dated .....

**PARENT'S AGREEMENT**

We understand the Rotary District 7390 "Statement of Values" and "Code of Conduct" for Outbound Youth Exchange Students participating within & residing outside District 7390. We understand if our/my son/daughter fails to adhere to those rules & policies he/she could face the consequences of a loss of privileges and possibly be sent home at our expense.

Parents/Guardian Signature:

Father ..... Mother .....

Dated .....